



February 1, 2021

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Whole Roasted Cauliflower & Tomatoes

Ingredients:

2 cups cherry or grape tomatoes
4 cloves garlic, smashed and peeled—or 1/2
teaspoon garlic powder
4 tablespoons olive oil, divided
1/2 teaspoon salt, divided
1/2 teaspoon black pepper
1/4 teaspoon crushed red pepper (optional)
1 medium head of cauliflower
1/8 teaspoon paprika

Directions:

- 1) Preheat oven to 400 degrees, and place oven rack in the middle of the oven.
- 2) Put tomatoes in a large baking dish, then drizzle 3 tablespoons of oil over them. If using garlic cloves, add in, or sprinkle garlic powder. Toss to coat with 1/4 teaspoon salt, pepper, and red pepper flakes.
- 3) Trim any green leaves from the cauliflower and trim the stem of the cauliflower so that it sits flat.
- 4) Set the cauliflower in the middle of the dish, scooting the tomatoes aside.
- 5) Drizzle the rest of the oil (1 tablespoon) over the cauliflower and rub to coat the whole surface. Sprinkle with paprika and remaining salt.
- 6) Roast for 1 hour, or until cauliflower is tender and can easily be pierced with a knife.
- 7) Slice cauliflower into wedges and serve with the tomatoes.



Recipe adapted from delish.com

Another easy way to cook cauliflower: chop into bite-size pieces and toss with olive oil, salt, pepper and cumin and roast in the oven until soft (about 25 minutes at 400 degrees).



Cauliflower is a good source of antioxidants, which help prevent cancer.



Health News: *Facts on Fiber*

It is recommended that adults have 25 to 36 grams of fiber daily. *Example: an apple has about 4.5 grams of fiber, and a cup of cooked pinto beans has about 15 grams.*

What is fiber? Plants or carbohydrates that cannot be broken down in the digestive tract, helping to keep your bowel movements regular and your body healthy!

What foods are high in fiber? Prunes, peas, greens, beans, oatmeal and nuts.

What carbohydrates are high in fiber? Whole grains like whole wheat (100%) bread and pasta or brown rice, oatmeal, and bran flakes cereal are all carbohydrates that are high in fiber.

Can eating enough fiber help with my health? Yes! Eating fiber regularly is associated with lower risk of stroke, heart disease, and type 2 diabetes. It is directly related to more regular blood sugar, lower blood pressure, and improved cholesterol. Fiber also reduces the risk of colorectal cancer.


Is a high fiber diet good for everyone? In some people, fiber can cause constipation, or else make it worse. Remember to always drink plenty of water!

TYPES OF FIBER

There are two different types of fiber, soluble and insoluble

SOLUBLE FIBER

- ✓ Soluble fiber breaks down in the body and becomes gel-like
- ✓ Soluble fiber slows down the absorption of cholesterol and sugar in the bloodstream
- ✓ It also keeps digested food moving smoothly through the GI tract
- ✓ Oats, barley, peas, avocados, fruits, and beans all contain soluble fiber



INSOLUBLE FIBER

- ✓ Insoluble fiber stays in a fibrous form and helps food pass through the digestive system
- ✓ Insoluble fiber is not broken down in the body
- ✓ Fruits, vegetables, whole grains, and nuts all contain insoluble fiber